



You start in the guard.  
Make sure you control both your  
opponents wrists.



Your opponent tries to get free.  
You slide your left arm along  
the right side of his head.



You reach over his elbow,  
grabbing hold of your own wrist.



You then switch back to your back  
/ other hip, keeping you hold on your  
wrist.  
You use your leg to apply pressure on  
your opponents back.